**1.Normal**

**Quick tips:**

You have been healthy the bilirubin level relays within the range. So try to follow the Healthy Diet.

**2.Jaundice**

**Quick tips:**

* Stay hydrated. Water, coffee, or tea can support hydration and liver function.
* Eat a variety of fruits and vegetables every day.
* Look for high fiber foods, such as oatmeal, broccoli, chickpeas, berries, and almonds.
* Eat a variety of proteins and choose leaner cuts of animal protein.

**3.Hepatitis**

**Quick tips:**

* Plenty of fruits and vegetables
* Whole grains such as oats, brown rice, barley, and quinoa
* Lean protein such as fish, skinless chicken, egg whites, and beans
* Low-fat or non-fat dairy products.
* Healthy fats like those in nuts, avocados, and olive oil

**4.Out of Constraint**

**Quick tips:**

Since you have been taking the drugs which are not to be taken before testing or due to Alcohol or high drug consumption the level of Bilirubin in the Urine was unpredictable.